

A STUDY OF FUNCTIONAL OUTCOME OF PROXIMAL TIBIAL FRACTURES TREATED BY INTERNAL FIXATION USING PLATEOSTEOSYNTHESIS

ABSTRACT:

Introduction: The knee joint is one of the three major weight bearing joints in lower extremity. The proximal tibial plateau fractures with extension into articular surfaces are difficult to treat. It results from direct axial compression, usually with a varus and valgus moment and also indirect shear forces. The proximal tibial plateau fractures management is still evolving. Open reduction and internal fixation techniques (ORIF) enable us to restoration of the joint congruency.

Materials and Methods:

26 patients were admitted with clinical and radiological diagnosis of Proximal tibial plateau fractures in Coimbatore medical college Hospital from May 2016 to September 2018 were included in the study. They were operated through Anterolateral, Posteromedial or combined approaches and functional outcome were assessed during follow up.

Results:

The functional outcome of knee was evaluated postoperatively at regular interval in all patients using Rasmuseen score. In our study, 26 cases were treated by ORIF Technique of which 16 patients had excellent results, 6 cases had good results, fair in 2 cases, and 2 cases of poor results. Deep infection was occurred in one patient in post operative site.

Conclusion:

Fracture of proximal tibia are the results of high-energy trauma. Treatment of intra-articular tibial plateau fractures is an unsolved problem. The Choice of surgical procedure and implant should be based on the patient bone quality, fracture pattern and intraoperative fracture reduction.

Keywords: Proximal tibia, Rasmuseen score, Outcome.